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For mother, father, the boys and girls. It's the sweet for all ages—at work or play.

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The Flavor Lasts

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THE FLAVOR LASTS

WRIGLEY'S SPEARMINT CHEWING GUM
THE PERFECT GUM LASTS

SEALED TIGHT—KEPT RIGHT

A-9

"SAVE MONEY ON MEAT" WEEK

"Wring the tears from profiteers" is what the women of Missouri have resolved to do. The Save Money on Meat Week, April 5-12, is for the purpose of bringing down the price of the most costly cuts of meats. If it should result in raising prices, it will have defeated its own purpose.

Despite the general complaints about the high cost of living, retailers of meat declare that they have a brisk demand for the so-called choice cuts, but find it difficult to sell the less expensive portions. The ribs and the loins are very popular, while whole some meats like chuck, flank and brisket are sadly neglected.

This situation has become so acute that many retailers no longer stock the less costly cuts of meat; others grind these cuts up into hamburger steak. Some of the inexpensive pieces are almost literally wasted. The demand for meats at retail is thoroughly uneven. This makes merchandising less efficient.

Who pays for this waste? Who pays for this loss of efficiency? You know who pays. It will not be a popular thought, but it does seem a sort of poetic justice that those who have created this situation are facing the problem of changing it, or paying for it; I mean the consumers.

Loins and ribs make up about 25 per cent of the dressed meat animal. Yet it is on that 25 per cent that a great part of the demand is concentrated. When demand is heavy for any commodity which is available in relatively small quantity, the obvious effect on price does not necessitate statement.

Many cuts of meat—meat that is wholesome, meat that is rich in food value, meat that is thoroughly palatable when properly prepared—is selling at low prices. Let's buy. No table is disgraced by a savory stew, a good pot roast, which will appeal to the normal appetite. If you do not believe corn beef is tasty and popular, pick up a luncheon menu in some hotel and scan it. All of these dishes, and many others can be made from meat cuts selling at relatively low prices. They may not be available at your retailer now, but if you and your

friends will create a demand for them, he will handle them. During "Save Money on Meat" week it is hoped that the retail dealers will buy the less costly cuts in quantities adequate to meet the demand. Ask your butcher what he intends to do; and in order to do fair, tell him what you intend to do. If he carries it in stock, will you buy it? Do you really want good meat at low prices?

Westmoreland steaks, and brisket of beef can be found in table d'hôte luncheons at some of the largest hotels in the country. If these dishes are good enough for the Astorbilt—if you try them—you may find them good enough for you.

If there are any persons who do not understand how to prepare the less costly cuts, write to the State Chairman, Division of Women's Activities, Department of Justice, High Cost of Living Campaign; or write to this Division of the Department at Washington and ask for information.

Ask your retailer what meat he likes for his home table. You may be surprised to learn that he does not have porterhouse and sirloin steaks for dinner every night.

During "Save Money on Meat" Week, give the inexpensive cuts a fair trial, if you have not done so already. But begin now to save money by studying these cuts, and then buy them. In that case you will be in a position to take full advantage of the opportunities offered during "Save Money on Meat" Week.

Buy chuck steak and make roasts and stews. Ask for plate beef and turn it into soup and pot roast. Purchase flank for pot pies, or flank steak or stew in accordance with the part of the flank which you buy. Call for brisket for pot roasts or corn beef. Try round steak just for an experiment and see how much by judicious buying you can save on meat in one week, without sacrificing quantity or palatability.

A late dispatch from Trieste is to the effect that the Italian Government has notified d'Annunzio that it will have to accept President Wilson's project for the settlement of the Adriatic question.

HOME DEMONSTRATION NOTES

Laying Linoleum Directly on Wood Floor.

The floor should be perfectly dry and clean, the surface smooth and even. Cracks should be filled, nails removed, and uneven surfaces planed off if necessary.

1. Remove quarter-round floor moulding from base boards all around room.

2. Cut linoleum, trimming it from 1-4 to 1-2 inch short at each end, just so the edges of linoleum will be covered by the moulding when it is replaced. Along side walls, the linoleum should not be placed tight against the baseboard, but, as at the ends, a space of 1-4 to 1-2 inch being left. The edges of linoleum, at seams, however, should be butted tightly against each other.

3. Replace quarter-round moulding but do not fasten it down tight against the surface of the linoleum. The moulding should be nailed to the baseboard in such manner as to permit the lifting out of the linoleum, should rettriming become necessary.

4. Should a "buckle" or air bubble develop in the linoleum, it must be smoothed out and the edge under the moulding trimmed.

5. Do not put any brads in the linoleum during the "expansion period." In many cases it may not be necessary to fasten linoleum to the floor at all, when it has been laid under the quarter-round moulding at sides and ends.

When it becomes necessary to fasten linoleum to the wood floors, use No. 18, 3-4 inch wire brads. Never use carpet tacks. From the edges, the brads should be set in one-eighth to one-fourth inch, and should be spaced about four inches apart. Along the seams, they should be spaced 3 inches apart. The brads should be driven down until they are lost in the surface of the linoleum.

Care of Linoleums.

Certain washing powders and washing soaps should never be used on linoleums, as they contain caustic, or alkali, which eat into the surface and destroy the colors. A good rule is not to use soda, lye, potash, strong soaps or powders of any kind. A good, mild soap is all that is necessary.

Going over the linoleum once a day with an oiled mop will usually keep it bright and free from spots. When washing is necessary, use a mild soap and lukewarm water—not hot. Wash about a yard at a time and rinse it with clear water and then dry it thoroughly. Never "flood" the surface with water.

If you want your linoleum to last longer, to keep brighter in color, and to be more easily kept clean, go over the surface every five or six weeks with some good floor wax or polish such as "Johnson's Prepared Wax," "Old English Wax," or any other good floor wax.

A good home-made polish is easily prepared by dissolving slowly equal parts, by weight, of beeswax and turpentine. Care must be taken to prevent the mixture from taking fire while being prepared. When cool, take a little on a cloth and rub it into the linoleum thoroughly, especially at the point of greatest wear. Do not use too much polish of any kind, but rub it in well.

After such waxing and polishing, linoleum is very easily kept clean. Usually wiping with a damp cloth is sufficient.

Are You Happy?

To be happy you must be well. If you are frequently troubled with constipation and indigestion you cannot be altogether happy. Take Chamberlain's Tablets to correct these disorders. They are prompt and effective, easy and pleasant to take. Obtainable everywhere. (adv.)

HOPE FOR TREATY

The wreck of the treaty is so complete that the country may well despair of any salvage. But to say that this great instrument of liberty and peace cannot be saved would be, indeed, a counsel of despair, unworthy of the acceptance of a nation which only a few months ago cherished noble aspirations, the aspiration above all of ending the World War in a way to make a repetition of it impossible.

Although the Treaty of Versailles was killed on November 19—we have the high authority of Senator Lodge for the statement that it was then "dead"—although Mr. Lodge's own treaty has now been killed, hope is not dead and hope should sustain the soul of every man and woman in the country who loves peace and abhors war. Now that the bloody war has been done in Washington there should be a revulsion of feeling there.

Would it not be possible for President Wilson to take advantage of his present opportunity to address to the Senate and to the country a statement picturing forth, as he of all men knows best how to picture forth, the consequences of our failure to ratify the treaty, of our refusal to become a member of the League of Nations? . . . The Senate, we are sure, has learned much in these months of strife. Certainly the President must have learned something. Confronting as we do at this hour a great peril, let animosities be laid aside, let both departments of the treaty-making power join in an effort to put the treaty and the League covenant into effect. Reservations there may be and will be, but the country would demand and compel ratification if it understood what danger failure to make peace and enter the League involves and invites.—New York Times.

How Is Your Complexion?

A woman should grow more beautiful as she grows older and she will with due regard to baths, diet and exercise, and by keeping her liver and bowels in good working order. If you are haggard and yellow, your eyes losing their lustre and whites becoming yellowish, your flesh flabby, it may be due to indigestion or to a sluggish liver. Chamberlain's Tablets correct these disorders. Obtainable everywhere. (adv.)

THOUSANDS PROCLAIM THE MERITS OF PE-RU-NA

Read Their Letters

Mrs. Martha C. Dale, R. F. D. 1, Cannon, Del., writes: "I am entirely cured of chronic catarrh of the stomach and bowels by PE-RU-NA."

Mr. J. Bayer, Glendale, Oregon: "There is no medicine like PE-RU-NA for catarrhal deafness."

Mrs. Kate Marguis, Middleburg, Ohio: "PE-RU-NA cured me of catarrh of the head and throat."

Mr. J. H. Collins, Wesson, Mississippi: "PE-RU-NA makes me feel vigorous and able to work without that tired, weak feeling I usually have otherwise."

Mrs. P. Ludvigsen, Austin, Minnesota: "I got rid of my liver trouble and can eat anything since taking PE-RU-NA."

Mrs. L. Hearing, 283 East 169th St., New York City: "For catarrh of the head and stomach, I have found PE-RU-NA better than any other medicine."

Mr. W. H. Edgar, 49 Cooper St., Atlanta, Georgia: "PE-RU-NA cured me after I had suffered fifteen years with rheumatism."

Mrs. Leona Dodd, R. No. 3, Medon, Tennessee: "PE-RU-NA is a grand medicine for coughs and colds."

So many diseases are due to catarrh and catarrhal conditions, makes PE-RU-NA the best medicine in the world to have on hand for emergencies and general health protection. Thousands of families are never without a bottle of PE-RU-NA or a box of PE-RU-NA Tablets in the medicine cabinet. That is the safe way.

You can buy PE-RU-NA anywhere in tablet or liquid form.

COMPANION CROPS IN THE GARDEN

In small gardens space and labor may be economized by planting together, on the same area, such vegetables as are mutually adapted, according to the horticulturists at the University of Missouri College of Agriculture. In at least a few cases mixed species are mutually helpful. Onions, lettuce, carrots and small, weak seedlings often find difficulty in pushing above ground. This is particularly true in heavy soils that have not had time to become mellowed by repeated deep working and the incorporation of organic matter. A few radish seeds may be mixed with seeds of these sorts. The radish seeds sprout promptly, the seedlings break the crust and allow their weaker companion plants to come up readily. The radishes soon mark the row, so that early tillage may be given even before the other plants are up.

Pole beans may be planted in the same hill with sweet corn, tomatoes that are to be staked or with sunflowers. The beans climb on the corn, sunflowers or the tomato stakes. In addition bush (string) beans may be planted between the rows of these plants. Garden peas may be planted between the hills of Irish potatoes or sweet potatoes, and string beans may be planted between the rows. Squashes, pumpkins, summer squashes, melons and other plants of the gourd family may be planted with corn or tomatoes. Early cabbage may be set between late, wide-row crops like corn or tomatoes. Careful observation enables the gardener to determine what plants do well together and how to get the most out of limited space by companion cropping.

It should be borne in mind that maximum development of plants under crowded conditions requires rich soil. The richer, deeper and mellow the soil, the more intensively may companion cropping and crowding in

How Diphtheria Is Contracted.

One often hears the expression, "My child caught a severe cold which developed into diphtheria," when the truth was that the cold had simply left the little one particularly susceptible to the wandering diphtheria germ. If your child has a cold when diphtheria is prevalent you should take him out of school and keep him off the street until fully recovered, as there is a hundred times more danger of his taking diphtheria when he has a cold. When Chamberlain's Cough Remedy is given it quickly cures the cold and lessens the danger of diphtheria or any other germ disease being contracted. Obtainable everywhere. (adv.)



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4 Short Blocks from Union Station

narrow rows be employed with profit. Where abundant space is available and where the soil has not yet been brought to intensive gardening condition it may be better to plant nearly all vegetables in rows far enough apart to permit horse cultivation. The smaller vegetables, however, cannot be given by horse power quite the tillage they need. In addition they require hand work. The aim should be to ameliorate the soil as rapidly as possible and work toward the intensive, hand method. Once a satisfactory soil condition is obtained, a man with a wheel hoe can cultivate a row of onions about as quickly and easily as he can with a horse-drawn implement and do better work.

Chamberlain's Cough Remedy.

The great benefit derived from the use of Chamberlain's Cough Remedy has been gratefully acknowledged by many. Mrs. Benjamin F. Blakeney, Decatur, Ill., writes, "Chamberlain's Cough Remedy is by far the best medicine for colds and coughs we have ever used in our family. I gave it to my children when small for croup and have taken it myself." Obtainable everywhere. (adv.)

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